



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Turnips


Turnips are a root vegetable, and they have a sweet, nutty and earthy flavour when cooked!



## N2 Slow Cook Beef Goulash

The perfect dish to throw in the slow cooker in the morning! A heartwarming beef stew with root vegetables and a rich tomato sauce finished with chives, a dollop of sour cream, and served with crusty bread.

 15 minutes prep + 4-6 hours slow cook

 2 servings

 Beef

June - July 2022

## Any leftovers?

*This dish can be frozen and enjoyed another day! You can also transform any leftovers into a pie with a potato or pastry top! The stew is also delicious served with polenta or rice.*

## FROM YOUR BOX

BROWN ONION	1
CARROT	1
MEDIUM POTATOES	2
TURNIP	1
SPANISH SPICE MIX	1 sachet
CHOPPED TOMATOES	400g
DICED BEEF CHUCK STEAK	400g
SOURDOUGH ROLL	1-pack
CHIVES	1 bunch
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, plain flour (or of choice)

## KEY UTENSILS

slow cooker, large frypan

## NOTES

If you don't have a slow cooker you can cook this dish in a heavy base pan on the stove. Stir occasionally to prevent the stew from burning on the bottom. You may need to add more liquid as required.

**No gluten option - sourdough rolls are replaced with gluten-free rolls.**



### 1. PREPARE THE VEGETABLES

Set slow cooker to high heat.

Roughly chop onion, carrot, potatoes and turnip (peel if preferred). Stir in spice mix and chopped tomatoes.



### 2. BROWN THE BEEF

Season diced beef with **salt and pepper**. Toss in a bowl with **1 tbsp flour**. Heat a large frypan with **oil** over high heat. Brown beef and add to slow cooker as you go.



### 3. SIMMER THE STEW

Stir beef with vegetables until combined. Simmer beef stew in the slow cooker for 4-6 hours or until beef is tender and soft.



### 4. FINISH AND SERVE

Season stew with **salt and pepper** to taste. Serve with bread rolls (toast if preferred). Garnish with sliced chives and a dollop of sour cream.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

